

State Helps Individuals Live Better, Grow Stronger

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South Dakotans can learn simple and easy steps for nutrition and physical activity by logging onto a Web site created by the state of South Dakota.

The Web site, WWW-dot-HEALTHY SD-dot-GOV, features nutrition and physical activity tips, including a Personal Health Journal to help set up personal goals, track physical activity and log daily calorie counts.

Kristin Biskeborn, the State Nutritionist with the South Dakota Department of Health, says the information found on the Web site features simple and easy steps for nutrition and physical activity.

The key to sustaining a healthy lifestyle, she said, is to try to be consistent and persistent, and to have fun.

The Web site was created as part of the South Dakota Department of Health's 2006 Nutrition and Physical Activity Plan. You can read about the plan on the Web site, as well as find links offering tips kids, tweens and teens, adults, parents, seniors, schools and worksites.

To help drive visitors to the Web site, a public service campaign is currently running in all South Dakota newspapers and on the state's TV and radio stations.

That Web site address again is WWW-dot-HEALTHY SD-dot-GOV.

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EDITOR'S NOTE: The Nutrition and Physical Activity Plan is the first comprehensive plan to increase healthy eating and physical activity as ways to reduce overweight and obesity levels, and their subsequent risk for chronic diseases such as cardiovascular disease, hypertension, and diabetes. It was released in early 2006.



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Other programs have been developed as part of the Nutrition and Physical Activity Plan, including a worksite wellness program; “Fit from the Start,” giving caregivers information on helping children get a healthy start to their lives; “Great Day of Play,” which works in conjunction with state and local parks departments; and “Healthy Hunter,” which encourages hunters to get fit before the start of hunting season by offering them a six-week nutrition and fitness program.

